



## NEWS RELEASE

### Herbalife Nutrition Study Reveals Alarming Lack of Nutrition, Hydration and Exercise Among Adults

**PHILIPPINES, April 25, 2017** – Herbalife, a global nutrition company, has released the findings from its Asia Pacific *Balanced Nutrition Survey*<sup>1</sup>, which focuses on shedding light on nutrition and health habits, behaviors and attitudes of consumers aged 18 and above. The survey is an element of the seventh Herbalife Asia Pacific Wellness Tour, seeking to inspire consumers to adopt balanced nutrition habits and reinforce its impact to long-term health and wellbeing. According to survey findings, 8 in 10 (78%) of Filipino consumers are eating less than half of the daily recommended serving of fruits and vegetables, 4 in 10 (41%) do not drink enough water, and more than half (59%) do not get enough exercise.

While 6 in 10 (60%) of consumers in the Philippines believe that ensuring their body gets the sufficient nutrients to function optimally was the greatest motivator to adopting a balanced diet, modern, fast-paced lifestyles make it increasingly challenging to incorporate healthy nutrition habits into daily lives.

The study revealed that 6 in 10 (57%) respondents in the Philippines found having a daily balanced nutrition approach to be challenging, citing the lack of time, money, and motivation to be the top three obstacles preventing them from having a healthier lifestyle.

Additionally, the Philippines survey findings revealed the following:

- 8 in 10 (78%) consumers claimed to consume 0 to 2 servings of fruits and vegetables per day, below the recommended 5 servings per day
- 4 in 10 (41%) consume less than the recommended 8 glasses of water/fluids per day
- Over half (59%) achieve less than 1 hour of physical activity per day, with 10% having no physical activity at all
- The top 3 motivations to adopting balanced nutrition are sufficient nutrients to function optimally (60%), to prevent health related problems and complications (51%) and to maintain ideal body weight to prevent obesity-related health problems (39%)
- The top 3 obstacles to a daily nutrition approach are lack of time (57%), lack of money (53%), and lack of motivation (45%).
- To help consumers improve their nutrition habits:
  - 7 in 10 (67%) of respondents feel that having an easier access to healthier food choices would help them adopt a balanced nutrition approach.
  - 4 in 10 (37%) of respondents look for like-minded people to make healthier food choices together
  - 4 in 10 (42%) of respondents seek expert advice for a personalized nutrition plan

When asked about what would help them achieve their balanced nutrition and exercise goals, most of the respondents agreed that balanced nutrition and community support approach, such

as that exhibited at Herbalife Independent Nutrition Clubs, would improve personal well-being in the long run.

“As a global nutrition company, Herbalife Nutrition is committed to helping consumers adopt balanced nutrition habits, so that they can have a positive impact on their lives in the long run,” said Mr. Rosalio Valenzuela, general manager of Herbalife Philippines. “At the Asia Pacific Wellness Tour, our Herbalife Nutrition Advisory Board members will be visiting cities in the region to raise awareness of the need for balanced nutrition and physical activity as well as associated benefits to one’s overall well-being, to help people put healthy nutrition habits into practice in daily living.”

Held from 5th of April to 15th of May, the Herbalife Asia Pacific Wellness Tour will feature a series of medical symposia, nutrition talks and health workshops held in 23 cities across Australia, Cambodia, Hong Kong, Indonesia, India, Japan, Korea, Macau, Malaysia, New Zealand, Philippines, Singapore, Taiwan, Thailand and Vietnam.

At the symposia, Herbalife Nutrition Advisory Board (NAB) expert will share their expertise on a variety of health-related topics, including childhood obesity, weight management, sports science, sports performance, metabolism and balanced nutrition.

The Herbalife NAB expert participating in the Wellness Tour in the Philippines will be Dr. Rocio Medina, Vice President of Worldwide Nutrition Training.

<sup>1</sup>Herbalife’s Asia Pacific Balanced Nutrition Survey was conducted in **March 2017** with **500** respondents aged 18 years of age in the **Philippines**.

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## **About Herbalife**

Herbalife is a global nutrition company that has been changing people's lives with great products since 1980. Our nutrition, weight-management, energy and fitness and personal care products are available exclusively to and through dedicated Herbalife Independent Members in more than 90 countries. We are committed to fighting the worldwide problems of poor nutrition and obesity by offering high-quality products, one-on-one coaching with an Herbalife Member and a community that inspires customers to live a healthy, active life.

We support the Herbalife Family Foundation (HFF) and its Casa Herbalife programs to help bring good nutrition to children in need. We also sponsor more than 190 world-class athletes, teams and events around the globe, including Cristiano Ronaldo, the LA Galaxy and champions in many other sports.

The company has over 8,000 employees worldwide, and its shares are traded on the New York Stock Exchange (NYSE: HLF) with net sales of US\$4.5 billion in 2016. The Herbalife website contains a significant amount of financial and other information about the company at <http://ir.Herbalife.com>. The company encourages investors to visit its website from time to time, as information is updated and new information is posted. To learn more, visit [Herbalife.com](http://Herbalife.com) or [IAmHerbalife.com](http://IAmHerbalife.com).

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